



**Monday 23rd March 2020**

Welcome to our first week of Guided Distance Learning! We hope that you will find the novelty of the experience interesting and that you will discover lessons and the additional activities on offer keep you busy, entertained and connected to the LP community.

The LP@Home communication will be emailed to you on Mondays and Thursdays so please keep an eye on your inbox for our updates and messages.

---

## **eCollect**

eCollect for today is by Matthew Judd, Head, and can be accessed [here](#). Our eCollects are a little shorter than the ones in Main Hall. This one is under two minutes!

---

## **Online Fitness**

Online Fitness is available at 10.30am each day on Google Meet led by different members of the PE, Sport and Wellness team for a 45 minute workout. The next few sessions are as follows:

Monday - Andy

Tuesday - Jez

Wednesday – Nicki

You should already be a member of the Google Classroom called LP Sport, PE and Wellness Hub but if you can't see it, and would like to join, the Classroom code is: wqwlfqg

The name or code for each Google Meet Online Fitness session will be posted on the LP Sport, PE and Wellness Hub Google Classroom at 10.20am each day, ten minutes before the Online

Fitness session starts so that you can get set up. For instructions on setting up your Google Meet Online Fitness session [click here](#). Just remember to turn OFF your camera and your microphone and to leave the Meet once the workout has finished.

---

## Park Podcasts

The PE, Sport and Wellness team will be bringing you a new podcast every Thursday. If you'd like to hear their previous banter in advance of this week's aural treat check out their previous conversations:

[Park Podcast 1](#)

[Park Podcast 2](#)

[Park Podcast 3](#)

---

## Get Creative

We've got some brilliant suggestions for getting creative at home and sharing your ingenuity with the rest of the LP community. You can keep a track of the ideas on offer [here](#). For our very first LP@Home why not join the vegetable orchestra on Stephanie's Google Classroom and see if you can make a drum out of pumpkin, a carrot flute or a courgette clarinet! Join the Google Classroom using code vnr4f2i and just remember to be careful if you are using a sharp knife. You can upload pictures and video of your musical creation to the Classroom and share ideas with others.

---

## LP Projects

Bringing you ideas that will take longer than just a day but which might enrich you for a lifetime, the first three suggestions for LP Projects are [available here](#). Don't let this limit your imagination though; they are just thoughts to get you going! You can do anything you like – follow your passions! We would love to see the fruits of your labours so please share them with the School community by emailing photos and tales of what you've been up to: [BeInspired@leightonpark.com](mailto:BeInspired@leightonpark.com).

---

## **STRIPES**

Guided Distance Learning might seem like a huge change but is also a great opportunity to put our LP Quaker values into action on a daily basis. We can rise to the challenge of being of service at a time of real need in our local and global community. There are a whole host of ways you can make a difference. [Click here](#) to find out how you can be a changemaker and bring a bit of Oakview home (although not a delicious chocolate brownie flavoured bit, sadly).

---

## **Blast from the Past**

Our Archives team are running a series of tales in times of adversity, showing how Leighton Park is no stranger to keeping calm and carrying on! Our first story is at the end of the Guided Distance Learning overview [here](#).

---

## **Bearing Up**

Find out how one of the world's favourite bears can keep you smiling through challenging times [here](#)!

---

## **Fun for Fryers**

The Fryer Team have created some amusing challenges to keep our competitive Year 7 and 8 students in touch with each other and the House. Check out the activities for this edition of LP@Home [here](#) and email [Heather Sweetman](#), Fryer Graduate, to take part.

---

## **Pastoral Support**

Berkshire West Safeguarding Children Partnership have developed some videos [for parents](#) and [for students](#) aimed at

supporting mental health and wellbeing of students during periods of disruption. If you should have any queries, please contact our Designated Safeguarding Lead, [Nicky Hardy](#), Deputy Head (Pastoral).

---

## **Guided Distance Learning Programme**

For those who would like a reminder of the overview of the Guided Distance Learning Programme shared on Friday 20th March, the information can be accessed on our [website here](#) or downloaded as a [PDF here](#). Students Year 11 and Sixth Form who may be offered an online lesson via Google Meet can find a reminder of instructions on connecting to [Google Meet here](#). If you should have any queries or feedback on our Guided Distance Learning Programme we would be pleased to hear from you. Please contact [Karen Gracie-Langrick](#), Academic Deputy Head.